

PLYMOUTH FITNESS

GROUP EXERCISE SCHEDULE

EFFECTIVE 12/10/2025

MONDAY

7:00AM - POWER SWEAT
HDZ w/ Lisa
8:00AM – BOOT CAMP BURN
GRX w/ Jean
9:00AM – SMART POWER
GRX w/ Marlene
10:00AM – MOBILITY AND STABILITY
GRX w/ Ashley
10:00AM- AQUAFIT
Pool w/ Kelly
11:00AM – LATIN LINE DANCING
GRX w/ John P.
4:30PM – SG RENEW & RESTORE
GRX w/ Ashley
5:30PM- 30 MINUTE CORE CRUSHER
GRX w/ Rotating Staff
6:00PM -SPIN
SR w/ Laruen M.

TUESDAY

6:30AM - SPIN
SR w/ Gary
7:00AM - HIIT
HDZ w/ Lisa
8:00AM – BOOT CAMP BURN
GRX w/ Jean P.
9:00AM – H2O POWER
Pool w/ Marlene
9:00AM – SG PILATES MAT W/ TRX
Pool w/ Pam
10:00AM – CARDIO DANCE
GRX w/ Karen
5:00PM - HIIT
HDZ w/ Devon
5:30PM - GROUP FIGHT
GRX w/ Emilie
6:30PM – YOGA
GRX w/ Shawn
6:30PM – H2O BOOTCAMP
Pool w/ Jean M

WEDNESDAY

6:30AM – RIDE AND GRIND
SR w/ Lauren M.
8:00AM- BOOT CAMP BURN
GRX w/ Jean
9:00AM- MOBILITY AND STABILITY
GRX w/ Pam
10:00AM- MAT PILATES
GRX w/ Marlene
11:00AM-CHAIR STRETCH FLEX & TONE
GRX w/ Marlene
11:00AM-H2O POWER
Pool w/ Kelly M.
5:00PM- ALL LEVELS FLOW YOGA
GRX w/ Meg
5:30PM-SG PEDAL & PUSH
SR w/ Missy
6:00PM- SMART POWER
GRX w/ Marlene

THURSDAY

6:00AM- BREAKFAST SCRAMBLE
HDZ w/ Evan
7:00AM-HIIT
HDZ/GRX w/ Laruen M.
8:00AM- CYCLE X
SR w/ Zach and Laruen M.
9:00AM- H2O POWER
Pool w/ Marlene
9:00AM- SG CIRCL MOBILITY
GRX w/ Karen
10:00AM- CARDIO DANCE AND TONE
GRX w/ Deb R.
5:00PM- SG MINDFUL MOVEMENT
BGS w/ Jane
5:30PM- SPIN
SR w/ Emilie
5:30PM- ZUMBA
GRX w/ Vanessa
6:30PM- AQUA PUMP
Pool w/ Marie

7:00AM- SPIN
SR w/ Emilie
8:00AM- SMART POWER
GRX w/ Julie S.
8:00AM-SMART HIIT
HDZ w/ Julie W.
9:00AM- SMART HIIT
HDZ w/ Marlene
9:00AM- CHAIR STRETCH FLEX & TONE
GRX w/ Julie S.
10:00AM- MAT PILATES
GRX w/ Marlene
10:00AM- AQUAFIT
Pool w/ Marie S.

SATURDAY

6:10AM SPIN
SR w/ Gary
7:00AM-HIIT
HDZ w/ Nate and Ashley
8:00AM- F.A.C.T.
HDZ w/ Emilie
8:00AM – TIGHTER ASSETS
GRX w/ Karen
9:00AM-ZUMBA
GRX w/ Vanessa
9:00AM- SG BARLATTESS
BGS w/ Jane
10:00AM- MAT PILATES
GRX w/ Kathleen

SUNDAY

8:00AM – GROUP FIGHT
GRX with Emilie
9:00AM -CLUB CALIENTE
GRX w/ Wendy
10:00 – YOGA
GRX w/ Tori

Room Guide:
SR – Spin Room
GRX – Group Exercise Room
PFP – Plymouth Fitness Park
B&S – Body and Soul
SG – Small Group Class
HDZ – HD Zone/ Turf

16 Aldrin Road, Plymouth MA
508-746-7448

FRIDAY

FITNESS
plymouth